

# Suwannee Bicycle Association Spring Pedal 'n' Paddle Festival Schedule April 30 - May 3, 2026

Stephen Foster Folk Culture Center State Park, White Springs, FL

Event Check In: All Check-Ins will occur at Nelly Bly's in Stephen Foster Cultural Center State Park

- Thursday- 3:00 PM- 8:00 PM
- Friday- 8:00 AM – 7 PM
- Saturday- 7:30 AM - 12 PM
- Check-in time to campsites is after 3 PM on Thursday; Check Out time on Sunday is 1 PM
- All camping sites are shared sites. 1 RV and a couple of tents per site.
- Activities/Events leave from Nelly Bly's**
- Activities may be cancelled or combined if minimum number participants did not sign up. Weather and Suwannee River level may affect activities.
- SBA Spring Pedal 'n' Paddle Festival will be held rain or sunshine.
- Bike Rides: ALL EVENTS Depart from Nelly Bly's!**
  - Mountain Bike Rides:** Daily rides with Ride Guide > 50 miles of bike trails to choose from. <http://suwanneebike.org/trails/offroad.php>
  - Road Bike Rides:** Daily rides with Ride Guide > 100 miles of paved roads to choose from. <http://suwanneebike.org/events/springfest.php>
  - Gravel Bike Rides:** Daily rides with Ride Guide > 50 miles of gravel bike roads/paths to choose from. <https://suwanneebike.org/trails/gravel.php>
  - Kayaking/Canoeing Trips:**
    - Friday Kayak Trip with Edwin McCook approx. 4-6 hours given weather and destination (Ichetucknee or Santa Fe Rivers or Edwin's Choice)
    - Saturday Kayak Trip with Edwin McCook approx. Suwannee River on Saturday or Edwin's Choice). Kayak trip will depend on water level on the Suwannee River.
- If you need to rent a kayak or canoe**, Reservations with American Canoe Adventures (ACA) should be paid the day before paddle event. CA phone number is (386-397-1309). ACA is located one block from SBA Headquarters.
- All kayaks/canoes must have a life jacket and a whistle in each boat.**
- All cycling events require riders to wear helmets.**
- Observe speed limits in White Springs and Stephen Foster State Park.**
- SAG (SUPPORT AND GEAR) phone # 386-243-0115. In case of emergency call 911.**
- Questions: Please call Dale Nanny ([dalenanny@aol.com](mailto:dalenanny@aol.com)) (321-698-6004)**

All meals Friday to Sunday morning are included in your registration. Moms and Dads get a weekend away from the griddle!!!

## Thursday (April 30,2026)

**6:30 PM – Potluck at Nelly Bly’s in Stephen Foster Folk CC State Park bring dish to share.**  
**ALL Event Participants are invited to Potluck!! Paper Plates, Utensils, Water, Gatorade and Ice Tea provided by SBA**

## Friday (May 1, 2026)

### Friday Activities

**7:45- 8:45 AM- Breakfast for all event participants at Nelly Bly’s.**

**11:30-12:30 PM- Lunch provided at Nelly Bly’s.**

**5:30-6:30 PM- Meet & Greet at Nelly Bly’s: snacks, cheese and beverage provided.**

**6:45- 7:15 PM Dinner at Nelly Bly’s.**

### Road Rides

**8:30 AM- White Springs-Jasper Loop 52 miles.** (A-B riders) Rest Stops at stores on route. Rest stops/stores are 15-20 miles apart. Gatorade and snacks available at Nelly Bly’s. Note: Follow the cue sheet to Subway at mile 29.6. Do not follow road marks onto bike trail or you’ll miss Subway. Continue straight on MLK to 2<sup>nd</sup> Ave SE/US 129. Turn right and Subway is on your left.

**9:00 AM- Hydroponic Hop- 28 miles.** Start at Stephen Foster SP Nelly Bly’s.

- Hydroponic Tour starts at 11AM

- Lunch provided at Hydroponic Gardens.

**9:15 AM- Hydroponic Hop- 15 miles.** Meet at Stephen Foster SP Nelly Bly’s and caravan to Pine Grove Methodist Church.

- Hydroponic Tour starts at 11AM

- Lunch provided at Hydroponic Gardens.

**1:00 PM- Winfield Wildflower Ride- 13 or 23 miles:** Easy loop around White Springs and Suwannee Valley. The 23-mile route passes by Falling Creek Falls.

All Road Rides downloads at <https://suwanneebike.org/trails/road.php>

### MTB Rides

**9:00 AM- Foster Hammock Trail-** 7-mile single track and double track with shorter bailout options at road crossings. Palmetto roots, elevations, tight turns and distance make this an intermediate trail.

**1: 00 PM – The BEAST Trail-** It’s not called the Beast for nothing. This challenging single track includes a wide variety of terrain. There is also an optional 2-mile section known as the Lollipop loop, defined by a gravel stream crossing. Don’t miss the new “playground area” .... Have fun!!!

Trail maps available at <http://suwanneebike.org/trails/offroad.php>

## Friday (May 1, 2026) (cont'd)

### **Gravel Bike Ride**

#### **9:00 AM- SBA Gravel 24 Swift Creek Loop 24.3 miles**

From SF head out on County 25A to 154th Ave, then, mostly dirt roads to Genoa where the route crosses US-41. Then the route heads out by Eagle Lake before returning to town.

Trail Maps available at <https://suwanneebike.org/trails/gravel.php>

### **Kayak/Canoe Event**

**8:00 AM- Canoe/Kayak the Ichetucknee River-** Water bottle (no disposables), swimsuits, mask and snorkel-optional; **Meet at Stephan Foster SP Canoe launch parking lot!** Carpool from White Springs. Bring your own canoe/kayak or contact ACA (386-397-1309) to reserve canoe or kayak. ACA is one block from SBA Headquarters and can be contacted at [www.aca1.com](http://www.aca1.com). Canoe/kayak transportation provided by Edwin McCook. Email Edwin McCook at [emccook@windstream.net](mailto:emccook@windstream.net) or 386-364-7597. (Pack your PBJ lunch at Nelly Bly's before departure!) There is a \$15 shuttle fee to contractor at Ichetucknee Springs!

## Saturday (May 2, 2026)

### **Saturday Activities**

**7:15-8:30AM- Breakfast for event participants at Nelly Bly's.**

**11:30-12:30 PM- Lunch provided at Nelly Bly's**

**3:30 PM- Yoga Class: At Nelly Bly's**

**6:00-6:45 PM: Dinner at Nelly Bly's.**

**7:00-8:00 PM- Dessert Bar: Enjoy a variety of ice cream and other desserts at Nelly Bly's.**

### **Road Rides**

**8:00 AM: Suwannee Springs/Sheriff Boys Ranch SAG (SUPPORT AND GEAR)** stops at grocery stores (15-30 miles apart). Ride 30/55 miles.

**9:00 AM- Wellborn- 23 Miles.** Ride to Wellborn and rest at the Country Charm Café (at 4 Way stop in downtown Welborn!

All Road Rides downloads at <https://suwanneebike.org/trails/road.php>

### **MTB Rides**

#### **9:00 AM- Beaver Loop/Mossy Ravine/Big Shoals (12 miles)**

Big Shoals: 10 miles single and double track to 3.2-mile paved Woodpecker trail. Elevation and distance of combined trails make this an intermediate ride. Total trails approx. 15 miles.

#### **1:00 PM- Trifecta Ride: Bridge to Bridge/Gar Pond/Beast**

B to B: 4.5 miles single track. Beginner to intermediate. (Bail out option)

GP: 11 miles fast flowy single track. Beginner to intermediate (Bail out option)

Beast: 7 miles challenging tight twisting single track. Beginner to intermediate.

Add Loli- pop loop for 1.6 miles additional miles

Trail maps available at <http://suwanneebike.org/trails/offroad.php>

## **Gravel Bike Ride**

**9:00 AM-Gravel Ride: - Over the Muna, 20 miles**

A gentle ride out of town on a wide shoulder and then winding back on less traveled dirt roads.

Trail Maps available at <https://suwanneebike.org/trails/gravel.php>

## **Kayak/Canoe Events**

**8:00 AM- Canoe/Kayak the Suwannee River – Launch from Stephen Foster State Park Canoe Launch.** Paddle will be 3-4 hrs. Bring your own canoe/kayak or contact ACA (386-397-1309) to reserve canoe or kayak. ACA is one block from SBA Headquarters and can be contacted at [www.aca1.com](http://www.aca1.com). Canoe/kayak transportation provided by Edwin McCook. Kayak trip will be dependent on Suwannee River levels. There is a \$10 shuttle fee. You will be back at state park in time for lunch.

**Sunday (May 3, 2026)**

## **Sunday Activities**

**7:30-8:30 AM- Breakfast for participants at Nelly Bly's.**

**Check out time at the Stephen Foster SP Campground is 1:00 PM. -Cabin Check out time is 11:00 AM**

**SAG (SUPPORT AND GEAR) ends at 1PM.**

## **Road Rides**

**8:30 AM- Sunday Morning Ride:** 25- & 31-Mile Ride through Suwannee Valley and Winfield Communities. Ride fast or break camp prior to departure.

**9:00 AM- Winfield Wildflower Ride:** 13-mile easy road ride around White Springs and Suwannee Valley.

## **MTB Ride**

**9:00 AM- Reverse Trifecta Ride- Beast of Burden, Gar Pond & Bridge to Bridge)**

Beast: 7 mile challenging single-track, tight, twisty, drops and climbs. Int. (Ride some or all trails)

GP: 11-mile beginner trail, mostly flowy single-track, a few technical sections

22 miles

B to B: 4.5 miles of single-track with plenty of sharp turns, climbs and descents. Beg.-Int.

## **Gravel Bike Ride**

**9:00 AM- Nova Gravel Ride** 12 or 18 or 26 miles

This is a loop from SBA Headquarters on mostly dirt roads. The shortest version skips the out and back lollipop to the Blue Sink Canoe Launch. The longest version retraces the route to Blue Sink instead of the 3-mile paved return on Hwy 136 to White Springs.

## **Self-Guided Options for the weekend**

- 1. Bike and Hike to Big Shoals - Maps at Nelly Bly's (\$2 entrance fee)**
- 2. Check out the Park-Museum and the Carillon Tower.**
- 3. Free Wi-Fi available at White Springs Library**
- 4. Hike the Florida Trail along the Suwannee River.**